

Community Garden News

City of Loma Linda

September 2005

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

Eating healthy- just got a lot easier!



September marks the beginning of pear season. They're one of the most delicious ways to fulfill your daily fiber needs (25-30g /day). Each pear provides 5 grams of fiber (more than any other fruit), plus vit. C and potassium at a mere 96 calories. To ripen : place in paper bag with an apple for 1-2 days; when it yields to pressure on the stem end, they're ready. bon appetite!!



CORN'S LAST HURRAH... AND THE INCREDIBLE EDIBLE PEAR!



SWEET SUMMER CORN IS IN ITS LAST DAYS, SO BEFORE IT IS GONE FOR GOOD HERE ARE THE INS AND OUTS OF AMERICA'S FAVORITE VEGETABLE AND WHOLE GRAIN.

ONE FRESHLY SHUCKED EAR FULFILLS NEARLY 10% OF YOUR DAILY FIBER NEEDS AND 10 % OF YOUR FOLATE NEEDS, PLUS ALMOST 20% OF YOUR RECOMMENDED DAILY ALLOWANCES FOR THE B VITAMIN THIAMINE. SWEET CORN CAN BE ENJOYED RIGHT OFF THE COB, ADDED TO SOUPS SALADS OR IN A PROTEIN PACKED FRITTATA. WHEN BUYING OR HARVESTING CORN, LOOK FOR TIGHT HUSKS THAT AREN'T YELLOW OR DRY. THE SILK SHOULD BE SOFT AND GOLDEN WITH A LITTLE BROWN AT THE TIPS. THE STALKS SHOULD BE GREEN AND MOIST, IF THEY ARE DRY AND BROWN AT THE POINT WHERE IT IS BROKEN OFF THE PLANT, THE CORN IS SEVERAL DAYS OLD AND WILL NOT BE AS SWEET. THE KERNELS WITHIN SHOULD BE PLUMP AND TIGHTLY PACKED. ALWAYS USE FRESH CORN THE DAY YOU HARVEST IT OR BUY IT; THIS IS BECAUSE OVERTIME THE SUGARS CONTAINED IN THE KERNELS CONVERT TO STARCH AND MAKE IT LESS SWEET. BE SURE TO REMEMBER THAT CANNED AND FROZEN CORN ARE JUST AS NUTRITIOUS AS FRESH CORN.

CORN

1 SERVING SIZE= 1
MEDIUM EAR

CALORIES : 77
FAT: 1G
FIBER: 2G
VIT. C: 6 MG
FOLATE: 41 MCG
THIAMINE: 0.18 MCG
POTASSIUM: 243
MCG
MAGNESIUM: 33 MG

But now in September the garden has cooled, and with it my possessiveness. The sun warms my back instead of beating on my head ... The harvest has dwindled, and I have grown apart from the intense midsummer relationship that brought it on."

- Robert Finch

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California Healthy Cities
and Communities



Take it From a Master

Drying is an excellent choice for preserving fruit that is not very sweet or not quite ripe, as the sugar intensifies during drying. Drying grapes and figs is easy. When harvesting, leave the stems on so there are no open wounds. Wash and separate the individual fruits, sorting out the spoiled ones by hand to ensure quality.

Place the fruits to be dried on a rack in the sun and cover them with a double layer of cheesecloth for protection from birds and insects. Give special care to separating individual grapes so that no moisture remains between them to mold overnight. Be sure that the fruit is dried in air that's at least 95 degrees, to prevent fungus, mold or bacteria from developing.

Turn the fruit pieces and grape bunches every day until they have dried to the extent you prefer. Whole trays full can be turned at one time by placing a second rack on top of the fruit and then flipping the "sandwich" over. If the fruit dries too much, the pieces can be softened somewhat by sprinkling them lightly with water and separating them on a rack placed indoors for a day. Be aware!! Very sweet fruit sometimes dries with an unpleasant molasses flavor so choose your fruits wisely.

RECIPE CORNER



Spaghetti Frittata with Corn & Zucchini

Ingredients:

1 leek thinly sliced
1 zucchini, diced
2 tsp butter, divided
4 eggs or egg substitute equivalent
2 egg whites
1/3 cup of 1% milk

2 tb grated parmesan cheese
1/2 tsp kosher salt
4 ounces/2 cups of cooked spaghetti
1.5 cups of corn kernels
1/4 cup thinly sliced fresh basil
3 ounces shredded mozzarella cheese

Directions

Coat a large skillet with cooking spray over medium heat and cook leek, zucchini and 1 tsp butter for 4 minutes or until slightly browned. Meanwhile in a large bowl whisk eggs, egg whites, milk, parmesan cheese and salt. Then fold in spaghetti, corn, and leek mixture. In the same skillet over low heat, melt remaining butter with the contents of the mixed bowl. Cover and cook for 10 minutes, or until top has set. Sprinkle with shredded cheese and broil for 3 minutes or until golden brown.